

# What's Happening?

FIA Friendship Club \*\*\*\* Hardin County Community Services

## MAY 2015

### May is Mental Health Month

For over 50 years, May has been recognized as Mental Health Awareness Month throughout the United States. The theme this year is B4Stage4, and will focus on how people can address their mental health early, rather than at "Stage 4"-when symptoms are more severe, and recovery a longer process.

May MH Month focuses on the fact that while mental health conditions are common, they are extremely treatable and most individuals can go on to recover and lead full productive lives. It is important to increase information and fight the stigma still attached to seeking treatment for mental illnesses.



*Congratulations to our participants who were involved in the Special Olympics in Marshalltown! Way to go Kayla, Samantha, Heidi, Joyce and Kristin!!*

*We would like to thank Eileen Kruse for the great donations! She had a birthday recently and asked her friends to donate items to the Friendship Club in lieu of getting her a gift!!*

The I.F. Church Women United have been very supportive of the Friendship Club for years through the Thrift Store donations. To help return the blessing in a small way, the Friendship Club participants flatten plastic bags for the Thrift Store each week. This has become our Monday morning ritual, and we have made a fun time out of it.

**PAY IT FORWARD!**



### "The Power Of Meaning"

#### May 20<sup>th</sup> MH Seminar

The 16<sup>th</sup> Annual Mental Health Awareness Seminar will feature The Power Of Meaning, presented by Alison Brennan, MA, NCC, LMHC. Alison has been an advocate and provider of mental health services for the past 20 years. She is a graduate of Coe College and received her MA in Mental Health Counseling from the University of Northern Iowa. She has extensive training in treatment specialties including Dialectic Behavior Therapy. Alison started her private practice, Achieve Mental Health in Iowa Falls, in 2010.

The event will be held on Wednesday, May 20<sup>th</sup> at 11:30 a.m. at the First United Methodist Church, 619 Main Street, in Iowa Falls.

A complimentary lunch will be served and is being sponsored by Hardin County Faith in Action. Volunteers will be recognized and Friendship Club awards will be presented.

Everyone is welcome. Please return the RSVP from the enclosed event flyer by May 13<sup>th</sup>.

On April 8 we enjoyed the day by eating (a lot!) at Pizza Ranch in Eldora, and then visited Elizabeth and Barb at the care center in Eldora. They, along with some other residents, enjoyed a sing-a-long with us. Although we had no piano accompaniment, we sounded quite good! We have talent!



# MAY 2015

# Mon, Wed, & Fri 10:30a-3:30p

| Sun   | Mon   | Tue   | Wed   | Thur   | Fri   | Sat   |
|---|---|---|---|--|---|---|
| <br>Birthdays   | <i>Activities at 1:00<br/>unless noted</i><br>.....<br><a href="mailto:fiafc@hardincountyia.gov">fiafc@hardincountyia.gov</a>   |          | <i>Office Hours<br/>8:30 – 10:30<br/>Club Hours<br/>10:30 – 3:30</i><br><br><b>641-648-7500</b>   |  | 1<br>11:00 Morning Moments<br>Sack Lunch<br><br><br>Jim Paprocki – Office of<br>Consumer Affairs | 2   |
| 3   | 4<br>11:00 CWU SERVICE<br>Sack Lunch<br><br><b>COOKING<br/>WITH<br/>KATHLEEN<br/>SUMMER TREATS</b>  | 5   | 6<br>11:00 Morning Moments<br>Friendship Lunch: Bacon Cheeseburger<br>Upside Down Pizza<br>Helpers: Kayla and Gina<br><br><i>Behavioral<br/>Heath</i>   | 7<br> | 8<br>11:00 Morning Moments<br>Sack Lunch<br><br><b>SHOW &amp;<br/>TELL</b>  | 9   |
| 10<br><br>Mother's<br>Day   | 11<br>11:00 CWU SERVICE<br>Sack Lunch<br><br><i>Group Lunch<br/>Shopping</i><br><br><i>Your<br/>Choice!</i>   | 12<br>  | 13<br>11:00 Morning Moments<br>GROUP Friendship Lunch Macaroni<br>Casseroles (Tuna and Chicken)<br>Helpers: Vickie and Diane<br><i>Birthday lunch day!!</i><br><br><i>Readings with<br/>Virginia</i>  | 14   | 15<br>11:00 Morning Moments<br>Sack Lunch<br><br><b>BOWLING</b>   | 16  |
| 17<br>  | 18<br>11:00 CWU SERVICE<br>Sack Lunch<br><br><i>Calendar<br/>Planning &amp;<br/>BINGO</i>   | 19  | 20<br>11:00 Annual Mental<br>Health Volunteer<br>Recognition & Luncheon at<br>United Methodist Church<br><br>Peoplerides pick up at 10:30 &<br>deliver to church<br><b>1:30 Participant Meeting</b><br><br> Nick Kennedy | 21<br>NEI3A<br>WALK<br>10:00<br>ESTES<br>PARK  | 22<br>11:00 Morning Moments<br>Sack Lunch<br><br><b>CRAFTS<br/>With<br/>MARY</b>  | 23<br> |
| 24<br><br><br> Steve Tjarks | 25<br><b>Memorial Day<br/>Closed</b><br><br> Steve Tjarks | 26<br> | 27<br>11:00 Morning Moments<br>Friendship Lunch: Bacon and Hash Brown<br>Casserole<br>Helpers: Sharon and Linda<br><br><b>Newsletter<br/>Mailings</b>   | 28   | 29<br>11:00 Morning Moments<br>Sack Lunch<br><br>Card and Pool<br>Tournament  | 30  |
| 31  |   |   |   |  |   |   |

You're Invited-

## **16<sup>th</sup> Annual Mental Health Awareness**

# **SEMINAR & LUNCHEON**

*In recognition of May as National Mental Health Awareness Month*

*Hosted by: Hardin County Faith in Action and Hardin County Community Services*

**Wednesday, May 20, 2015      11:30 a.m.-1:00 p.m.**

**First United Methodist Church**

**619 Main Street Iowa Falls, Ia.**

### ***Seminar Schedule:***

**11:30      “The Power Of Meaning” Alison Brennan, MA, NCC, LMHC**

*Alison has 20 years experience as an advocate and provider of mental health services.*

*She established Achieve Mental Health in Iowa Falls in 2010 and provides counseling to families, adults, and children. Alison has gained extensive training in numerous specialties including Dialectic Behavioral Therapy. She has also worked at a youth shelter, an eating disorder program, and for the National Health Service Corps.*

**12:00      FIA Recognition Luncheon *(complimentary)***

*During the luncheon volunteers for Faith in Action and Friendship Club will be recognized and awards will be presented.*

**Please RSVP to Hardin County Community Services by May 13<sup>th</sup> by returning the portion below or by phone 1-641-939-8167.**

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☐ **Yes, I plan to attend** the May 20<sup>st</sup> MH Awareness Seminar and Luncheon

Name(s): \_\_\_\_\_

Agency (if applicable): \_\_\_\_\_

**By May 13<sup>th</sup>** please return the bottom portion to: Hardin County Community Services, 1201 14<sup>th</sup> Avenue, Eldora, Ia. 50627, or to the Friendship Club in Iowa Falls.